



Shri Dhaneshwari Manav Vikas Mandal's

# Sau. Shantadevi Vedprakash Patil Ayurved College & Research Institute

(Recognised by AYUSH Ministry-New Delhi,  
Govt. of Maharashtra & Affiliated by Maharashtra University of  
Health Sciences, Nashik)

*Dr. V. K. Patil*  
(President)



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**8.1.14:** Describe the facilities available in the Institution towards delivering Pathya Kalpana

Ayurveda is the science which has insisted more importance on prevention of diseases and maintenance of health rather than treating diseases. Pathya kalpana is one of the special characteristic of Ayurvedic treatment. Specific diet patterns in the diseased condition is known as pathya. The word pathya derives its origin from root word patha which means a way. It is said that pathya is beneficial for patients while apathya is detrimental for patients. According to basic principles of Ayurveda Jatharagni (digestive power) plays important role as causative factor of diseases, hence it is important to restore normalcy of the digestive power and this can be attained by using proper managed diet plan according to condition of diseases. Pathya kalpana changes according to place and prakruti. Ahariya pathya kalpana Manda, Peya, Vilepi, Yavagu are useful in many diseases. Manda is the filtered liquid portion obtained after boiling rice. Peya is quickly digestible and stops loose motions, nourishes the tissues. Vilepi acts as good diuretic. Yavagu is useful in nourishment of body. In our hospital well equipped and well maintained pathya facility is available. Raw material and finished product record is maintained. For the treatment of diseases, etiology, drug treatment and pathya are three important factors which should be studied thoroughly before starting the treatment. Pathya ahar nourishes all dhatus and strotas leading to complete nutrition of body. It also helps to detoxify the body by getting rid of vitiated dosha. Use of Ginger and Salt before food is always good to enhance power of Jatharagni. Regularly consumable food articles like Rakta shali, Mudga, Rain water, Saindava, Jivanti, meat of aina, Godugdha, Cow's ghee, Tila taila, Grapes, Pomegranate are considered as most conducive among food articles.

## PATHYA PREPARATION, TRAINING AND SKILL DEVELOPMENT

One must be able to prepare food articles by using some simple ingredients like tandula, mudga etc. Preparing and training of pathya kalpana is of immense importance in clinical practice. The pathya kalpana is prepared according to the nature of disease, dinacharya, rutucharya, and doshas involved.

Training for pathya kalpana involves the kind of processing (sanskara), changes the property of the food, e.g.laja(popped rice grain) and pruthuka (poha) are prepared from rice but laja is laghu (easy to digest) while pruthuka is guru (heavy to digest). Training also involves making pathya kalpana from minimal and easily available ingredients to make it cost effective and simple. Required skills and knowledge

1) ACCESS WORKPLACE INFORMATION TO IDENTIFY REQUIREMENTS FOR MEDICINAL PREPARATION AND DISPENSING PROCESS .

2) APPLY KNOWLEDGE FOR HYGIENE STANDARDS.

3) CONFIRM RAW MATERIAL STATUS AND CONDITION.

4) CONFIRM SUPPLY OF NECESSARY MATERIALS AND SERVICES TO THE DISPENSING PROCESS.

5) CORRECTLY IDENTIFY INGREDIENTS FOR DIET / PATHYA KALPANA PREPARATION AND DISPENSING.

6) KNOWLEDGE OF AYURVEDIC HERBS , THEIR IDENTIFICATION AND THEIR DOSE IN DIET PREPARATION .

7) KNOWLEDGE AND SKILL REGARDING STORAGE OF AYURVEDIC HERBS AND RAW MATERIAL.

8) KNOWLEDGE ABOUT THE SHELF LIFE AND PRESERVATION TECHNIQUES FOR PATHYA KALPANA



  
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